

9-24-2009

The Pacifican September 24, 2009

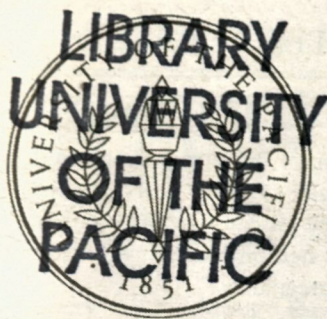
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The Pacifican

University of the Pacific's Newspaper since 1908

Volume 101,
Issue 06

Thursday,
September 24, 2009

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Flood in Farley

Malfunctioning Sprinkler Displaces Nine Residents



Andrew Mitchell
Pacifican News Editor

A malfunctioning sprinkler system made for an interesting time in Farley House, on what was an otherwise ordinary Friday night. According to Silvina Sousa-Ransford, the Associate Director for Facilities and Administrative Operations at Pacific, water started coming out of the sprinkler system at approximately

8:30 p.m.. Sousa-Ransford was on-call that evening and assisted the Resident Assistant, Resident Director, and Area Coordinator on-call.

"Two rooms, including the room that the sprinkler system malfunctioned, will require extensive repairs, including replacing of flooring and portions of walls and ceiling," she said.

A total of five rooms on the second floor received some degree of damage, as did the first floor lounge directly beneath the trouble spot.

Nine residents, including a Resident Assistant, were displaced temporarily to open spaces in Grace Covell Hall and the Towerview Apartments.

Housing & Greek Life responded to the emergency as did Public Safety and the Physical Plant on-call staff. Physical Plant workers immediately began cleaning up the affected areas, containing any additional damages, said Sousa.

Repair work is currently underway and should be completed by the end of this week. Displaced residents would then be allowed to return to their rooms.



Andrew Mitchell/The Pacifican

Kennedy Center to Honor Brubeck

Ann Mazzaferro
Pacifican Staff Writer

Pacific alumnus Dave Brubeck is set to receive the nation's highest honor awarded to artists on Dec. 6.

Brubeck will be one of five recipients of the Kennedy Center Award, which celebrates artistic excellence and lifelong contribution to the arts.

"Dave Brubeck's genius has dazzled us for six decades and has helped to define an American art form," said Kennedy Center Chairman Stephen A. Schwartzman in

a statement on the center's website.

It's a fitting birthday present for Brubeck, who will turn 89 on the day of the televised award ceremony. The distinctive medallions that accompany the Kennedy Center Honor will be presented the previous evening, Dec. 5, at a State Department dinner presided over by Secretary of State Hillary Clinton. President and Mrs. Obama, along with many distinguished members of the Center's nominating committee and board of directors, will receive Brubeck

See BRUBECK, page 2

Center for Disease Control Offers Advice for H1N1

What is 2009 H1N1 (swine flu)?

2009 H1N1, initially referred to as "swine flu", is a new influenza virus that is causing thousands of people to fall ill worldwide. This new virus was first detected in the United States in April 2009. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of 2009 H1N1 flu was underway.

Why is 2009 H1N1 virus sometimes called "swine flu"?

This virus was originally referred to as "swine flu"

because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a "quadruple reassortant" virus.

How does 2009 H1N1 virus spread?

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through

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**UNIVERSITY OF THE PACIFIC
DEPARTMENT OF PUBLIC SAFETY
WEEKLY REPORT
SEPTEMBER 13 - 19, 2009**

**NOISE COMPLAINT
SOUTHWEST HALL
9-13-09**

Officers responded to a report of several subjects being loud in front of the location. Officers contacted three subjects and advised them.

**FIELD CHECKOUT
PACIFIC & DAVE
BRUBECK
9-13-09**

Officer located a vehicle with the rear passenger vomiting. Officer requested medics and passenger transported via ambulance to a local hospital.

**SUSPICIOUS PERSON
PACIFIC HOUSE
9-13-09**

Officer responded to a report of a female going through the dumpster. Officer made contact and warned.

**WARRANT ARREST
PACIFIC HOUSE
9-14-09**

Officer conducted a checkout of a male subject going through the dumpster. Officer learned of a felony no bail warrant. Subject was arrested at 5:44 AM and transported to the county jail.

**THEFT
FAYE SPANOS
9-14-09**

Victim reported his bicycle stolen. Cable lock was cut. Officer responded and initiated a report.

**THEFT
DRAMA & THEATER
9-14-09**

Victim reported his bicycle stolen. Bicycle was secured with cable locks. Officer responded and initiated a report.

**JUVENILE ARREST
PRESIDENT'S DR &
CHAPEL
9-15-09**

Officers reported out with three juveniles. SUSD PD was contacted and juveniles were taken into custody for truancy.

**CASUALTY
GRACE COVELL
9-15-09**

Officers and medics responded to a report of a female who fell, hit head, and was unconscious when found by friend. Female came to and was transported via ambulance to a local hospital.

**NARCOTICS ARREST
MAIL ROOM
9-16-09**

Officers responded to a report of a package dropped off for mailing which contained marijuana. Officers located the subject who mailed the package and arrested him.

**WARRANT ARREST
ROSEMARIE &
PERSHING
9-16-09**

Officer conducted a vehicle stop and learned the driver had two outstanding warrants. Driver was arrested and transported to the county jail.

**VANDALISM
LOT 14
9-17-09**

Caller reported witnessing a male subject keying a vehicle parked in the lot. Officer was unable to locate the suspect. Officer met with the victim and initiated a report.

**THEFT
GRACE COVELL
9-18-09**

Victim reported the seat was stolen from her bicycle parked in the area. Officer initiated a report.

**TRAFFIC CRIMINAL
STAGG WAY
9-18-09**

Officer discovered a subject

misusing a handicap placard. Subject was arrested via citation.

**ALARM
FARLEY HOUSE
9-18-09**

Staff reported an audible alarm with water coming out from one of the rooms. Officers and SFD responded and reported five residents on the second floor need to be relocated due to water damage. Water damage also reported on first floor from ceiling.

**AIDED STOCKTON PD
MARIPOSA &
MANCHESTER
9-19-09**

SPD aired a disturbance in the area. Officer reported being in the area and all cars cleared. Area clear and SPD advised to cancel response.

**UNIVERSITY REG
LOT 2
9-19-09**

Staff reported four subjects going through items in the area set up for an event. Officers made contact and reported subjects took flowers set up at the event. Subjects were interviewed and released.

**THEFT
QUADS
9-19-09**

Victim reported his bicycle stolen. Cable lock was cut. Officer responded and initiated a report.

**BURGLARY UPDATE
KNOLES HALL
9-19-09**

Stockton detectives arrested a subject responsible for the burglary at Knoles Hall when his prints were identified. His prints were obtained when Public Safety arrested him earlier in the month for a burglary in the Chemistry Building.

H1N1, continued from cover

inhalation in close proximity to people infected. Especially of concern is coughing or sneezing by people with influenza. Sometimes people may become infected by touching something, such as a surface or object, with flu viruses on it and then touching their mouth or nose.

What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Severe illnesses and death have occurred as a result of illness associated with this virus.

How does 2009 H1N1 flu compare to seasonal flu in terms of its severity and infection rates?

With seasonal flu, we know that seasons vary in terms of timing, duration and severity. Seasonal influenza can cause mild to severe illness, and at times can lead to death. Each year, in the United States, on average 36,000 people die from flu-related complications and more than 200,000 people are hospitalized from flu-related causes. Of those hospitalized, 20,000 are children younger than 5 years old. Over 90% of deaths and about 60 percent of hospitalization occur in people older than 65.

When the 2009 H1N1 outbreak was first detected in mid-April 2009, the Centers for Disease Control and Prevention (CDC) began working with states to collect, compile and analyze information regarding the 2009 H1N1 flu outbreak, including the numbers of confirmed and probable cases and the ages of these people. The information analyzed by CDC supports the conclusion that 2009 H1N1 flu has caused greater disease burden in people younger than 25 years of age than older people. At this time, there are few cases and few deaths reported in people older than 64 years old, which is unusual when compared with seasonal flu. However, pregnancy and other previously recognized high risk medical conditions from seasonal influenza appear to be associated with increased risk of complications from the 2009 H1N1 virus. These underlying conditions include

asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorders and pregnancy.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against 2009 H1N1 virus. However, 2009 H1N1 vaccine is currently in production and may be ready for the public in the fall. As always, a vaccine will be available to protect against seasonal influenza. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose or mouth. Germs spread this way. Try to avoid close contact with sick people. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. Keep away from others as much as possible to keep from making others sick.

How long can influenza virus remain viable on objects (such as books and doorknobs)?

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

What kills influenza virus?

Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine hydrogen peroxide, detergent (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed into hands until they are dry.

"Make A Difference Day" 2009

Pacific's Community Service Committee and the United Way of San Joaquin County invite students, faculty and staff to join us for the 2009 "Make A Difference Day" Non-Profit Day Reception, Thursday, Oct. 1, 2009 from 3:00 p.m. - 5:30 p.m. in the DeRosa University Center Ballroom.

Students, faculty and staff will have the opportunity to network with non-profit community leaders, gather information about various organizations, and attend "A Special Awards Presentation to Selected Agencies."

Please join us for this special, FREE event and thank our non-profit organizations for their work in our community.

Sponsored by Pacific's Career Resource Center and Pacific Fund

Admission is FREE. Please RSVP via Pacific's Community Service Committee at 209.946.7338 or log on to Tiger Jobs.

A special surprise announcement for Pacific Students will be made by United Way.

There will also be door prizes.

A Fast for a Community

Kobé Armah
Pacifican Staff Writer

Every year during the ninth month of the Islamic Calendar, Ramadan, 1.5 billion Muslims participate in daily fasting to draw a closer connection to God and reaffirm their commitment to living a pure lifestyle. Pacific is no different than the rest of the world and is a direct reflection of the world's diverse community.

As a testament to campus diversity, Pacific is home to a chapter of the Muslim Student Association (MSA). The club which seeks to "promote inter religious and intercultural dialogue" for "a more tolerant and diverse learning atmosphere" and

"to unite and serve the needs of [Pacific] students in learning more about Islam." MSA has hosted the Fast-A-Thon for five years "to serve as a learning experience for the Pacific community and to further mutual understanding within [the] community".

The Fast-A-Thon, held on September 15, 2009, was attended by 200 students, faculty, staff and community. The Fast-a-Thon featured speeches from student members and Imam Hafiz Ehsan Yunus, a presentation on dental care in war torn Afghanistan and a traditional Pakistani dinner to break the fast.

The event, which takes place on nearly 300 college

campuses across the United States, was able to bring MSA and the greater Pacific community together.

First time faster and second year Pharmacy student Sally Troung said she "never appreciated food as much as [last Tuesday]" and it "made her think about the less fortunate."

Freshman Hamza Siddiqui, a Muslim since birth, said, "Every year, [he] learn[s] that controlling [his] appetite and passions makes [him] a more patient person." What people can learn from these Pacific students, Muslim and non-Muslim alike, is that everyone can always learn from the experiences of others to ultimately make the Pacific community a better place.

Farmers' Market on Campus

Kelly Volkar
Pacifican Copy Editor

One of Pacific's great hidden treasures is the Farmer's Market held every week. Held outside the UC across from the bookstore, the Farmer's Market is held every Wednesday from roughly 11 a.m.-2 p.m.

The Market provides a wide array of fruits and vegetables to choose from, all which depend upon what is currently in season.

The Market continues every week until the weather no longer permits it. Bon Appetit, the school's dining service, works with the Farmer's Market representatives so that none of the food they bring goes to waste. Whatever the Market is unable to sell, Bon Appetit purchases in order to sell to the students in the Marketplace over the next few days.

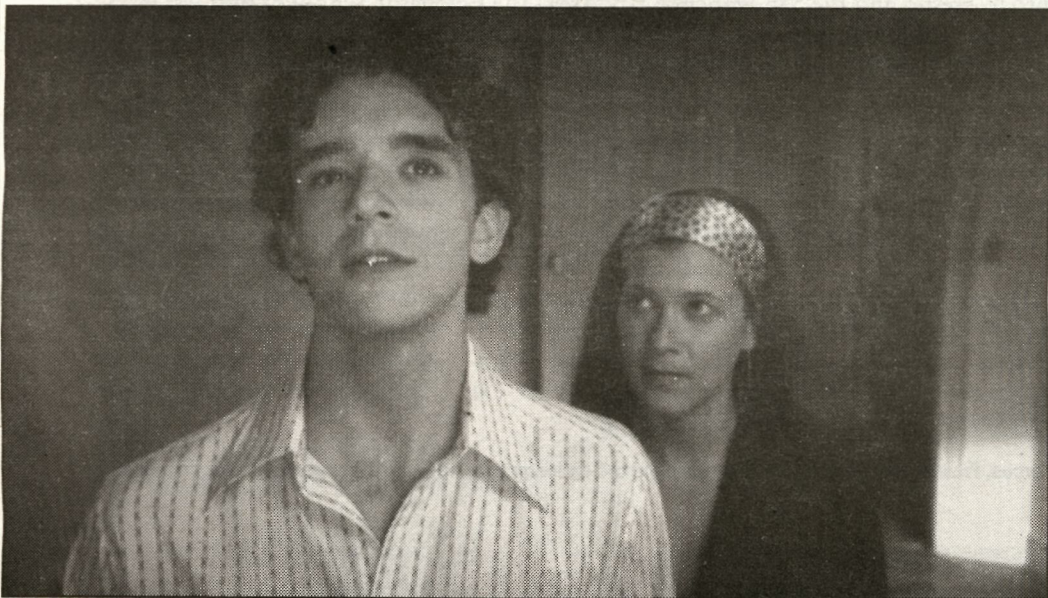
Prices vary according to the current market prices of the items, but prices are, on the whole, fair. Current prices are

around \$1.50 for a pound of stone fruit, or corn at four for a dollar.

"We want students to support this program. If there are certain fruits students want to see at the Market, they merely need to talk to me and I can see if I can get those fruits for them," Sia Mohsenzadegan, Bon Appetit General Manager who works with the Market, said. "I am able to tell the farmers what people want, and if there is a high demand for a certain type of fruit then the farmers will grow that crop specifically to bring to our campus to sell. They will grow whatever there is a market for."

This Market also helps out the local Stockton community because all of the food is grown within a 10-15 mile radius, mostly coming from the Delta.

So support this amazing opportunity provided for us Pacific students by checking out the Farmer's Market on Wednesdays and seeing all they have to offer!



Michael Urie's performance as Eric in "WTC View" was well received by critics nationwide. wtcview.com

"WTC View" Brings Back Painful Memories, and Hope

Erica Gilbert
Pacifican Staff Writer

Everyone has their own 9/11 story. Some people were more affected than others.

September 11, 2001 affected all Americans and sprang forth a wealth of creative energy in the arts scene that is still prominent today. One of the pieces inspired by 9/11 was shown at Pacific on Thursday, Sept. 10.

"WTC View" began as a play about a photographer named Eric living in New York City. Sept. 10, 2001, he placed an ad online looking for a new roommate. The story begins after 9/11, with the characters who come looking

for apartments. "WTC View" also looks into the relationship between Eric and his best friend Josie, as well as Eric's ex-boyfriend, Will.

In 2005, this 2003 play became a movie. Michael Urie, known for his part in the popular TV series, "Ugly Betty," portrayed Eric in the play while fresh out of Julliard, and starred as Eric in the movie version as well. Written and directed by Brian Sloan, who went through similar circumstances in New York City right after 9/11, "WTC View" is a powerful and entrancing film. Local tidbits of how life was like right after 9/11 really bring the movie to life. After the

showing, Sloan answered questions from the audience. Ranging from talking about how the 1-800 helpline was real to the fact that Sloan tried to have "WTC View" focus on what life was like at the time in NYC as opposed to Eric's sexual orientation, the discussion was definitely one worth sticking around for.

When the world felt like it was coming to an end, victims of September 11, 2001 all came together to pick the pieces back up and start once again. This film makes you remember the victims of 9/11 and the day in history where America could have fallen apart, but came together instead.

BRUBECK, continued from cover

and his fellow honorees at a private reception prior to the gala concert celebrating their achievements. The gala will be broadcast on CBS on Dec. 29.

Brubeck, a Pacific alum of the class of 1942, is best known for his jazz classic, "Take Five," a groundbreaking work that recently celebrated its 50th anniversary. Written in 5/4 time as opposed to the more traditional 4/4 time, the composition was a major break from jazz of the period and brought Brubeck to international attention.

The honor brought fresh praise and recognition from Pacific's Conservatory of Music for Brubeck, after whom the Jazz Institute is named.

"I can speak for everyone at the Conservatory in saying that we are all elated that such a prestigious honor has been bestowed on one of our alumni," said Dr. Giulio M. Ongaro, Dean of the Conservatory of Music.

"The award recognizes the outstanding, ground breaking contributions that Dave Brubeck has made to music, and his profound influence on successive generations of musicians. I believe it also recognizes the contributions that Dave Brubeck has made to our country and to the

world by fostering social justice and mutual understanding among the world's peoples," said Ongaro, "I can't think of anyone more deserving of the honor. Dave Brubeck is a phenomenal musician and a magnificent human being, and we are dedicated to continue his legacy by supporting the Brubeck Institute and its programs. Congratulations, Dave!"

"All of us who are associated with the Brubeck Institute are thrilled at this tremendous recognition of Dave and his extraordinary accomplishments," added Steve Anderson, executive director of the Institute. "We are profoundly honored to have the programs of the Brubeck Institute to promote the values that have made him one of America's greatest citizens and musical artists."

The Kennedy Center Honors are in their 32nd year, and are awarded to those artists whose careers have influenced generations of artists and redefined their respective mediums. Brubeck will be honored alongside musician Bruce Springsteen, actor Robert DeNiro, opera singer Grace Bumbry, and comedy writer/filmmaker Mel Brooks.

California Recession Ends in 4th Quarter

NUMMI Shut Down and Continuing Foreclosure Crisis Will Postpone Recovery in the Northern San Joaquin Valley and East Bay

Media Relations & the Eberhardt School of Business

California's two year recession will finally end in the fourth quarter according to the Business Forecasting Center at the University of the Pacific. Most economists agree that the U.S. recession is over and the economy is growing again, albeit slowly, in the 3rd quarter. However, the bottom for the California economy is lagging a few months behind the nation. Key leading indicators such as new claims for unemployment insurance have yet to turn around in California as they have in most other states.

"Although the recession is technically ending, we anticipate a sluggish start to the recovery that will make it feel like a recession in California for another year," said Jeff Michael, Director of the Business Forecasting Center. "The state's unemployment rate will stay above 12% for all of 2010."

Among Northern California metro areas, the report states that San Francisco and Silicon Valley are most likely to see their economies bounce back quickly. "It is a V shaped recession for the West and South Bay," said Jeff Michael. "All other metro areas will experience some version of a U shaped recession with the widest U in the Northern San Joaquin Valley."

The timing of the New United Motor Manufacturing, Inc (NUMMI) shut-down in March 2010 will postpone recovery in the East Bay, Stockton and Modesto areas. Unemployment in the Stockton and Modesto areas is projected to peak around 18% in the first half of 2010. Elsewhere in the Valley, the next year looks very sluggish in Sacramento with slightly better prospects for Fresno.

The foreclosure crisis, construction depression, and state and local government budget cutbacks continue to be the biggest current problem for the Central Valley economy and remain the largest obstacle for the recovery. Reduced water deliveries to agriculture have had a relatively minor effect on unemployment that has been exaggerated in many media reports on the Valley economy. The report also warns against an increasing trend of misguided "beggar-thy-neighbor" economic-stimulus measures ranging from publically funded auto mall gift cards, local hiring ordinances, and Chinese tire tariffs.

The Business Forecasting Center at the University of the Pacific was founded in 2004. Housed in the Eberhardt School of Business, the Center produces quarterly economic forecasts of California and nine metropolitan areas from Sacramento to Fresno and the San Francisco Bay Area. The Eberhardt School of Business is one of a handful of Business schools producing comprehensive quarterly forecasts of the California economy, and includes several regions in California's Central Valley not covered by other forecasts. In addition to the Quarterly Forecasts, the Center produces in depth studies of regional issues, and offers custom economic research services to public and private sector clients.

Central Valley Metro Forecast Summary

Metro Area	Nonfarm Payroll Employment (% change)				Unemployment Rate (%)			
	2008	2009	2010	2011	2008	2009	2010	2011
Sacramento	-2.3	-5.1	-1.0	2.2	7.1	11.4	12.0	10.8
Stockton	-2.4	-3.6	-1.7	1.6	10.5	15.6	17.4	16.1
Modesto	-2.2	-3.6	-1.4	1.8	11.2	16.2	17.9	16.3
Merced	-2.0	-3.8	-1.2	2.0	12.8	17.7	19.2	18.5
Fresno	-1.1	-3.8	-0.3	2.0	10.6	15.6	17.0	16.0
California	-1.1	-4.6	-0.7	2.2	7.2	11.6	12.4	11.1

Sacramento MSA includes Sacramento, El Dorado, Placer, and Yolo counties. Stockton, Merced, Fresno and Modesto MSAs correspond to San Joaquin, Merced, Fresno and Stanislaus counties.

Bay Area Metro Forecast Summary

Metro Area	Nonfarm Payroll Employment (% change)				Unemployment Rate (%)			
	2008	2009	2010	2011	2008	2009	2010	2011
San Francisco	0.7	-4.2	-0.1	2.6	5.0	8.8	9.4	8.2
San Jose	0.4	-4.3	-0.7	2.7	6.1	11.3	12.0	10.5
Oakland	-1.7	-4.4	-1.2	2.1	6.2	10.6	11.6	10.7
Vallejo	-2.6	-3.4	-1.2	1.5	6.9	11.0	11.8	10.7
California	-1.1	-4.6	-0.7	2.2	7.2	11.6	12.4	11.1

San Francisco MSA includes San Francisco, Marin and San Mateo counties. Oakland MSA includes Contra Costa and Alameda counties. San Jose MSA includes Santa Clara and San Benito counties. Vallejo MSA is Solano County.

Highlights of the September 2009 California Forecast

1. Although most economists believe the U.S. recession is over, we continue to forecast that the California economy will not hit bottom until the 4th quarter of 2009.
2. California unemployment will reach 12% by the end of 2009 and remain above 12% for all of 2010, peaking at 12.6% in Spring 2010. Nonfarm payrolls will decline by an additional 100,000 before reaching a trough in Winter 2010 that is 1,070,000 jobs below the peak in Summer 2007.
3. Jobs will recover their pre-recession peak in the first half of 2013. During the 5 ½ year period of zero net job growth, the state's population will have grown by more than 2 million people.
4. Manufacturing, Construction, and Retail have experienced the greatest decline over the past year. Each of these sectors has shed over 100,000 jobs across the state.
5. Manufacturing will continue to lead declining sectors with a decrease of 80,000 to 90,000 jobs over the next 12 months.
6. Construction continues to lead job losses in percentage terms, declining another 12% (78,000) by the middle of 2010.
7. Retail jobs are bottoming out, but will remain flat over the next year.
8. Professional and Scientific Services did not start losing jobs until the second half of the recession, but these critical, high-paying areas have lost 35,000 jobs in the past year and will remain weak for a few more quarters. We expect strong growth in this area as the recovery gains strength in late 2010 and 2011.
9. Healthcare will experience the strongest job growth over the next 12 months, adding nearly 40,000 jobs (2.5%) statewide. Healthcare is the only sector that has not contracted this year, although 1% growth is the slowest growth this decade.
10. Real personal income declines 1.5% in 2009 and grows 0.8% in 2010.
11. Housing starts bottom in 2009 at a record low 37,500 units. Although housing starts recover to 56,400 units in 2010, this is still the 2nd lowest level in 50 years. By 2013, housing starts will be back to normal levels exceeding 150,000 units as foreclosures finally stop and existing home prices recover to close the gap with construction costs.
12. Retail sales have hit bottom, but will not recover their 2007 level until 2011.

PERSPECTIVES

H1N1: Hype or threat?

Blair Paula
Pacifican Staff Writer

For some time now, this country has been bombarded with reports of H1N1 by the media. You might be thinking that this virus, better known as swine flu, will eradicate the entire human species. Of course, that's only if you buy what the media has been telling you.

Is it possible, that swine flu is nothing to worry about? I'm sure you all remember when the virus first showed up. Schools shut down if one child contracted the disease, nobody bought pork, and some people even went as far as to wear surgical masks. Then what happened?

The truth is, the H1N1 scare started to die down a little. People still were wary enough to not eat pork, but there were hardly any more surgical masks. Over the past few months, though, things have been picking up again. News reports on the virus are now a daily occurrence and schools across the country are taking precautions against it, many enforcing "no touching"

rules.

More importantly for us, the government has ordered swine flu vaccines and the FDA has stamped their approval. All is great, right? Well, not exactly.

I did a little research at CapitalCentury.com into the outbreak of 1976. There, I found a rather tragic story. That year, several hundred people were found to be infected with the flu. Most showed no symptoms and remained entirely healthy. Of the few that became ill, one died.

His death convinced the government to produce a vaccine. Once manufactured, the vaccine was distributed. However, the vaccine proved to be deadlier than the actual virus. It killed hundreds of people, far more than the disease it was meant to protect against did.

That said, I can't help but feel a little bit hesitant about these vaccines we have now. I think that we're taking this swine flu threat a little too seriously. Sure, according to CNNhealth.com, 1,100 people have died from it worldwide, but that's pitiful

compared to the original in 1918. CBS

News stated that most experts put the death toll of the 1918 virus between 40 and 50 million worldwide. Clearly, we haven't even come close to that plague. In fact, we haven't even come close to the seasonal flu, which the CDC says kills 36,000 people yearly.

Nicholas Leung, a freshman at Pacific, agrees, "I think it's all overblown." When asked if he would take any precautions against the flu, Leung gave a simple, "no."

Azhar Malik, freshman, little more concerned than Leung, still takes a more cautious approach to preparation. He stated, "I'm not worried, it seems overblown." He went on to say that he would get the vaccine as a precaution if doing so wouldn't deny the vaccine to someone else. The only other precaution Malik is taking is to drink more orange juice.

Ultimately, your health is your own business. If you want to get a vaccine, do so. Just be a little wary of the possible consequences before you do. Also consider that maybe swine flu is nothing to be feared at all. Maybe it's just a load of hogwash.

THE PACIFICAN Fall 2009

Editors-In-Chief
Devon Blount
Alex Ruano

Copy Editors
Christine Le
Kelly Volkar

Advisor
Prof. Dave Frederickson

Photographers
April Labaro
Katrina Spenst

Managing Editor
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Allyson Mengarelli

Ad Representative
Justine Speegle

Lifestyles Editor
Vivian Lee

Website Administrator
Caitlin Vo

Sports Editor
Rachel Freeman

Web Communications
Rachel Freeman

Phone: (209) 946-2115
Fax: (209) 946-2195

Mailing Address:
The Pacifican
3601 Pacific Avenue
Stockton, CA 95211
pacificaneditors@pacific.edu

Office: Across from Southwest Hall Lounge
Meetings Every Thursday at Knoles Hall 212 12 p.m.

SOECS Cardboard Boat Regatta

Event date:
10/2/2009

Time: 5-7 p.m.

Location:
Pacific's Kjeldsen Pool

What better way to spend a Friday afternoon than to take in a Cardboard Boat Regatta! Come out to cheer on the engineering and computer science students as they navigate their 2 person vessels, made of cardboard and duct tape, through two laps around the course.

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Map showing location at the intersection of Robinhood Dr, Sherrwood Mall, Weberstown Mall, March Lane, and Pacific Ave.

Ellen in, Paula out, on "Idol"

Ann Mazzaferro
Pacifcan Staff Writer

For the past week, a fervid and impassioned debate has seized the nation. No, I'm not talking about the discussion surrounding President Obama's health care package. I speak not of the tempestuous dialogue concerning the possibility of a Swine Flu epidemic in the U.S. All of these issues pale in comparison to that which has captured the attention of a nation and given the talking heads of various twenty-four hour news networks endless hours of minute analysis. This controversy can be summed up in three small words:

Ellen. On. Idol.

News broke late last week that Ellen DeGeneres, talk show host/comedienne, would be replacing Paula Abdul as the fourth judge on American Idol. Instantly the media was all over this story, vetting DeGeneres with more fervor than recent Supreme Court appointee, Sonia Sotomayor.

"Ellen will do nothing but elevate 'Idol,'" said David Hiltbrand of the Philadelphia Inquirer, adding that her lack of experience was not a concern since, "Do you have to be a Juilliard graduate to bellow, 'You could sing the phone book, dog?'"

The New York Post's Linda Strassi differed, however,

saying, "She's funny, she's articulate and, hey, she likes to dance. Yeah, well, so do I, but it doesn't make me a singing judge. Therein lies the problem. Ellen is obviously there for the entertainment value, not to judge the music from a professional point of view."

The views expressed by Pacific students, however, have been decidedly more muted.

"I almost never watch American Idol and had no idea these two people had anything to do with the show," said Douglas Frisbie, a junior Computer Science major, "I guess I couldn't care less."

Senior Biology major, Fatimah Malik, was more concerned about the repercussions that Paula's exit would have on the show.

"When I first heard the news I was kind of upset. Why is Paula Abdul going to be replaced? I like her personality and her contributions to the show. I know the show isn't going to be the same without her. I wish she could have stayed!" said Malik

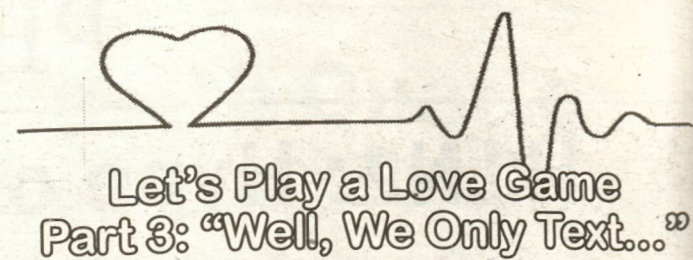
As for me? Well, I'll admit it: I'm a closet "Idol" watcher, and half of the fun of watching "American Idol" is to see what kind of crazy shenanigans Abdul would bust out on any given week. Who can forget the fights with Simon? The deranged outfits that suggested

Abdul got dressed in a power outage in the middle of a tornado? The critiques that gave us priceless poetry such as, "The moth who finds the melon finds the cornflake always finds the melon and one of you didn't get the right fortune cookie."

(And yes, she actually said that. Season Five semifinals. It was epic).

I think Ellen DeGeneres is hilariously funny (for the right reasons, not the "maybe we should check the dosage" reasons) and seems to be a kindhearted soul, so she should fill Abdul's shoes as the "nice" judge quite well. Her lack of experience in the music industry doesn't bother me, since, let's face it: "Idol" is less about singing as it is entertainment, and DeGeneres is a consummate entertainer. Her career has bounced back from countless setbacks, and she is relevant to pop culture independent of "Idol," not because of it (as Abdul was).

Besides, if you've seen the clip of DeGeneres dancing with the Top Ten of "So You Think You Can Dance" (which she guest-judged over the summer), you can see that when it comes to competitions, DeGeneres is willing to get in there and work it out. Could a vocal throw-down with the Top Ten "Idol" Divas be in the offing? THAT would be some must-see TV right there.



Candie Cummings &
Roxi Rimmington
Pacifcan Columnists

Have you talked on the phone lately? How often? It's such a shame that full conversations can be held via text instead of on the phone. And there's no doubt about it-- there's more of a connection formed when you can hear a person's voice.

"Well, we only text." Ever hear that? That means that the other person in the relationship thought that it wasn't serious because you only text. Even if texting is the only way you talk to your best friends, it doesn't mean you should text someone you're interested in. Texting can = booty call even at 3 in the afternoon. Calling, on the other hand, means a conversation has to begin. It's common courtesy to ask someone how they're doing when you can them before moving the conversation along. That's a connection—right there. It's small, but it's an effort.

Relationships require effort beyond a simple text. Making a phone call shows that you have made an effort. Returning calls also shows the effort. Texting is way too convenient. You can use it with your friends, family, boyfriend, hookup... it's so impersonal. And if someone doesn't reply right away, it's totally okay because if you really needed them at that moment, you would have called them. Calling is more direct and has an immediate response. Waiting 30 minutes during a phone conversation to formulate the perfect response just doesn't happen like it does with texting. The perfect text may take a while, but you're using up your minutes with an awkward silence while formulating during that phone call. Calling is closer to the heart because you have to be candid, you have to put yourself out there and be honest about your personality.

Phone conversations are

all about the personality. You can text, but again, you can't hear the other person's voice, their intonation and emphasis, so you can attach any personality you want to the texts you receive. The textee can also take a text to mean something completely different than the texter implied. Texting is all superficial. Just picture the person you're talking to and jack off to them while you text while you're at it. It's like porn—you can have all the conversation, without the actual, intimate interaction.

If you form an emotional attachment to the person you're texting would you really tell them that over a text? You could, we suppose, and end up forming a relationship, but how would your conversations go when you're around each other? Being in a texting relationship is like being in one of those online relationships with someone you've never seen in person or met. You talk online all the time, but it's weird because you're emotional connection is based in fantasy. You don't know their smell, their laugh, their smile, or get to be physically around them. While you can't smell them via phone either, you can at least hear their voice and form connection with them from laughter and candid conversation.

Texting is complicated. It's definitely not the way to go when you're in a relationship, but perhaps it can help lead into one. But old habits die hard, and once you're in the new relationship, what's to say it won't just be a texting fiasco, without real conversation thrown in?

Don't read too much into text messages, because if something bigger is supposed to be implied, it shouldn't be done through a text. Go back to the days before text messages... days where emotions weren't hidden behind words on a cell phone screen.



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LIFESTYLES

Gleeks Break Into the TV Scene

Erica Gilbert
Pacifcan Staff Writer

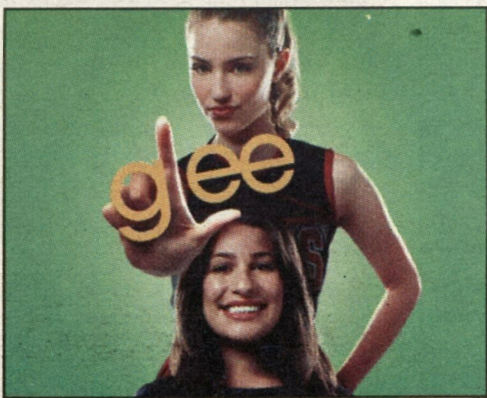
This summer, people flocked to Hulu (Hulu.com) in order to watch the pilot of "Glee," Fox's new TV show about a high school "Glee" Club. For those who don't watch much TV, and probably didn't see the pilot when it first aired, Broadway stars more than likely grabbed a good portion of the audience.

"Glee" tells the story of a typical small town American high school in modern times, and the unpopular Glee club that attempts to fit in with the rest of the clubs. Similar to "High School Musical," "Glee" also starts with distinctive social groups, and involves the most popular boy in school to join the least popular club. Each episode includes

songs sung by different members of the cast. The songs are usually popular and better than the originals, trying to bring in an audience that isn't theater oriented. Pacific sophomore Hali Alspach says she "was hoping for more Broadway songs," but she loves the show nonetheless. "I love the teacher [Jane Lynch] who runs the Cheerios [cheerleading team]. She's so

funny, she cracks me up."

"Lea Michele is definitely the link," says Alspach. Lea Michele, who plays the character of Rachel in "Glee," the talented and slightly ego-centric girl of the Glee club has been previously known for her Broadway roles in Les Miserables, Ragtime, Fiddler on the Roof, and Spring Awakening. Michele was an excellent choice for attracting



nerve.com

more theatre-oriented viewers. Along with Lea Michele, other famous actors were chosen for roles. Alspach "knew that Matthew Morrison was in it too, [and] was excited for that."

One of the other attractions of "Glee" is that while it's completely outrageous in some aspects, the show is also down-to-Earth, realistic, and relatable. In the pilot episode,

Rachel makes videos of herself singing and posts them on her "Myspace" page in order to get herself out to the general public so she can become famous one day.

Alspach loves the idea, saying, "It's the truest part of the show...The whole making videos of yourself and posting them to put yourself out there started, what, three years ago? And they're already making fun of it, it's hilarious."

For example, the latest episode depicted one of the characters coming out for the first time in his life, an emotional scene many people in today's world can definitely relate to. Nevertheless, "Glee" allows these otherwise emotional scenes to become comedic and blatant, and embraces them with success.

Alanna Gallaty, sophomore, said, "In all its complete ridiculousness, I liked it."

In general, "Glee" is a fun show that can captivate the attention of many who are just looking for something to watch that warms the heart, makes you literally laugh out loud, and enjoy the idea of breaking out into song in the middle of the day.



Jessica Kawilarang/The Pacifcan

style: fresh & sweet Good Clashing

Jessica Kawilarang
Pacifcan Staff Writer

Wearing clothing that is so outrageous, that it, for example, screams a dozen neon or clashing colors, or uses one color excessively (i.e. pink nails and pink accessories, topped off with pink pants and a matching pink top) is not something I would call eye candy. However, wearing standout pieces correctly can definitely turn heads. When worn in a clean, chic manner, outrageous pieces bring freshness to a confident sense of style.

In addition, people who are prone to shop for sparkly or metallic accessories usually turn their other cheek when it's placed on a clothing item because they feel it can be a bit much. In some cases, yes, it may be overdone, but again, having an elaborate standout piece can be great to have in your wardrobe.

Tiffany Chu, shown in the sparkly, dark quarter sleeve top, was able to wear this with nicely cut button-fly jean shorts that were balanced out with a braided brown leather belt. Because of the dark color of the top, the sparkles were subtle enough to not look overwhelming, but apparent enough to still emit a pleasant

sparkle in the sun. But even more than that, she made sure that the rest of her outfit was neat and simpler as to not go overboard. Keep in mind that one of the easiest ways to pull off something that shimmers is to have it against a dark color.

Although having a little sparkle looks amazing, what works even more is a great metallic piece to freshen up an outfit. Vicki Lau, shown wearing a metallic gold jacket, definitely wears it perfectly. Especially against neutral black and white, the soft gold color of her jacket nicely accents the rest of her outfit. Also, the simple clean cut of her jacket adds to the overall pleasantness. Gold as a color is more flattering, instead of the typical silver or any other color, because of the soft glow it creates that doesn't seem too harsh or too bright. In addition, Lau's cute black leather sandals with that awesome thick band wrapping around her ankle simply finished off her look wonderfully, giving off a dressier look.

Don't be put off by sparkly or shiny clothing items. As long as you stick to simpler cuts and more subtle colors, like dark colors or a pleasant gold, they can be a great addition to your wardrobe.

GAMES AND PUZZLES

					6	7	2	
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		4	7			1		5
			8	6				
		5				8		
				4	2			
8		3			9	2		
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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

VYY ZKD BZDLI
VDC UKM ADKRUI
MQVM GVYY LZBO
GDZR MQC GCVIM
ZG MQC RFOL.

Today's cryptoquip
clue is: K equals U

Answers on page 8

PacificCash vs. Student Accounts vs. Dining Dollars:

Andy Lee
Pacifican Staff Writer

Clarifying the Confusion

Students often get confused over the numerous currencies that Pacific has on campus. Some don't know as to why they can't buy candy at the bookstore with their Dining Dollars, or why they can't charge food to their Student Account. Be confused no more! Use this handy table to help educate you and your fellow students.

	PacificCash	Student Accounts	Dining Dollars
What is it?	A debit card system that can be used at locations on campus like the laundry room, and the library, as well as restaurants, and retail locations around Stockton.	A charge account directly linked to the student account (where tuition is charged).	Students with meal plans start out the semester with a balance and use Dining Dollars like a debit card: each transaction deducts from the balance.
Style	Debit (requires a balance to deduct)	Direct Charge	Debit (requires a balance to deduct)
How can I access it?	It is linked to the magnetic stripe of your PacificCard (ID card).	It is linked to your ID number, and also to your PacificCard.	It is linked to the magnetic stripe of your PacificCard (ID card).
Where can I use it?	Marketplace, Grove, Lair, Bookstore, Library, Mail Center, and more. For a complete list, see the PacificCard website.	The bookstore and certain university departments (such as the Chemistry Stockroom)	Only at the DeRosa University Center (Marketplace and Lair), and at the Grove.
How can I refill it?	Go to the PacificCard Office (in the McCaffrey Center), or go onto the PacificCard Website.	Any charges are charged directly to your student account.	Go to the Housing and Greek Life office (Banister Hall, 2nd Floor)
How can I manage it?	You can ask a cashier to print out a receipt or go to the PacificCard Office (in the McCaffrey Center) go onto the PacificCard Website.	Log into insidePacific and click on the "Academic" tab, find the "Manage Your Account" box, and click "Submit", or you can also check your balance at the PacificCard website.	Ask a cashier to print out a receipt, or you can also check your balance at the PacificCard website.
Contact Info?	The PacificCard Office in the McCaffrey Center. (209) 946-2273	Student Accounts Office (Finance Center on Stagg Way) 209.946.2517	Housing and Greek Life Office (Banister Hall, 2nd Floor). 209.946.2331

Answers to puzzles on previous page

6	8	6	7	3	4	2	5	1
3	1	5	8	2	6	7	4	9
7	4	2	9	1	5	3	6	8
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6	9	8	1	7	3	5	2	4
2	7	5	6	8	1	9	3	4
5	6	1	3	9	7	4	8	2
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MIND.

FALL DOWN FROM THE FEAST OF THE
ALL OUR WORDS ARE BUT CRUMBS THAT



jamaicandawta.wordpress.com

Diwali at Pacific

Jasmine Patel
Pacifican Staff Writer

With October just around the corner there comes a cultural festival that celebrates the spirit of light and the triumph of good over evil. This festival, known as Diwali, translates into the festival of lights. In relation to the Gregorian calendar, this Indian festival usually falls in between the months of October and November.

Diwali has many different interpretations, all depending on the part of India it is celebrated in. In some cases, the festival can be seen as the Indian version of Christmas. Generally, Diwali means the rejuvenation of one's spiritual "inner light." To represent the presence of light, many clean their homes from top to bottom and set out candles. This five day-long celebration consists of welcoming Laxmi, the goddess of wealth, into one's home.

"My family celebrates Diwali back in India. Usually we decorate the whole house with little candlelit pots. Then we get a whole bunch of

fireworks, and celebrate," says Pratik Pathapati, a freshman.

Diwali can also be interpreted as an opportunity to bring inner joy to oneself, and to share that feeling universally. As a result, family gatherings and the exchange of gifts and sweets are very common during this auspicious time.

"Coming from a large extended family, Diwali time is a special occasion at our house. My family gets together at my grandma's house for prayer, and we go to the local temple for garba," says Jalpa Patel, a senior.

Lastly, Diwali also symbolizes the end of the harvest season in India, and the start of winter.

In correlation to this upcoming festival, Pacific's own South Asian Student Association Club will be holding its annual Diwali celebration at Grace Covell Hall on October 23 from 7 p.m. to 12 a.m. There will be yummy Indian food, a DJ, and traditional Indian dancing. If you get a chance, be sure to check it out!



"Healthy" Foods that Aren't

Treating yourself every now and then is part of a balanced, healthy diet. However, we often choose unhealthy foods, thinking we are making a healthy decision. Innocent items such as shrimp, strawberries, oatmeal, and sandwiches take a turn for the worse when loaded with saturated fats and sodium. Just look at these examples below; some seemingly healthy foods that aren't.

Subway Cold Cut Combo. After watching the many Jared commercials, one could assume that all Subway choices are healthy. Wrong! This sandwich is loaded

with saturated fat from bologna and salami. Looking for a better option? Try turkey breast and ham. You'll save 225 kcals and 7 grams of saturated fats.

Jamba Juice Ideal Meal Chunky Strawberry. Not everything at the Jamba chain is healthy. This item packs 600 kcals and 18g of fat, for breakfast! Want oatmeal without all the extras? Try the Fresh banana oatmeal. With 370 kcals and 5 g of fat, this is a much better choice to start your day.

Olive Garden Grilled Shrimp Caprese. Just because it has the word 'grilled' in it does not make it a good choice. When eating out, always look for sauce clues. Anything with the words butter, cream, alfredo, white, pesto, ect. are usually loaded with fat and sodium. Take this dish for example. You'll find 3500mg of sodium (much more than a day's worth) and 41 grams of fat. Yikes! Try the grilled salmon instead if your searching for seafood. It ranks in at 26g of fat and 760mg sodium. Not great, but much better than the alternative.

Check back next week for more unhealthy 'healthy' finds.

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L'Shanah Tovah, Happy Rosh Hashanah!

Erica Gilbert
Pacifican Staff Writer

When most people in the United States think of New Years, the typical ideas are of parties, getting drunk, kissing someone at midnight, and watching the ball drop in Times Square. These are fun activities, but not the types of things Jews participate in for their New Year celebrations. Rosh Hashanah, the Jewish New Year, occurs every year on the first and second days of Tishri, or the seventh month of the ecclesiastical year in the Hebrew calendar. The Hebrew calendar follows the lunar cycle, while the typical calendar in the United States follows the solar cycle. Therefore, according to the American calendar, the days for Jewish holidays change. This year, Rosh Hashanah landed on the evening of Sept. 18 through the evening of Sept. 20.

Rosh Hashanah is one of the most important holidays of the Jewish calendar year. While Americans tend to spend their New Years celebrating with wild parties, they do focus on

one crucial idea: resolutions. Similarly, Jews use the entirety of Rosh Hashanah to look back on their past year and reflect on the good, the bad, and everything in between.

Rosh Hashanah starts with a ten-day period called The Days of Awe and ends with Yom Kippur, the Day of Atonement. Jews use the first ten days as a time to think about past sins and future plans. At the end of the Days of Awe, or more commonly known as the High Holy Days, the Jewish people are inscribed in the book of life or the book of death depending on their previous deeds.

Growing up, Rosh Hashanah meant itchy dresses, a day out of school, and begging my parents to sit next to my friend Rebecca's family so that I wouldn't be bored during services that lasted longer than I was used to. This year, greetings of "L'shanah tovah," or "Here's to a good year" were heard as people gathered into the church we used (our synagogue was too small to hold everyone who came to celebrate the

High Holy Days), and children were brought downstairs where they could play and get snacks while parents and elder siblings prayed with the congregation.

Rosh Hashanah was never just about my good deeds and my sins, because, to this day, I never see just myself when I think of the High Holy Days. I see my friends and family and the people of my synagogue that I attended growing up. I see the entire Jewish community sharing and hoping and thinking about how to be better people in the year to come.

So, while the Pacific campus enjoyed their day on Saturday, Sept. 19, some of the Jewish students were at Temple Israel, celebrating their New Year and creating a clean slate to start over on. Apples and honey were eaten to symbolize a sweet year, work was postponed, and prayers were spoken and sang among Stockton's, and the world's Jewish community to ring in the Jewish year of 5770.

Music Review: Saosin: In Search of Solid Ground Not As Solid As It Would Seem

Andy Lee
Pacifican Staff Writer

The title of Saosin's new album may refer to the Newport Beach-based band's trials and tribulations throughout the years. From the loss of prolific frontman Anthony Green at the peak of their popularity, to the three year delay for their debut album, and now three years later, Saosin is still on their search for solid ground.

Fans expecting an extension of their self-titled debut will be sorely disappointed. Instead, Saosin has chosen the evolutionary route for their sophomore effort, which shows off their efforts to branch away from what made them notable in their genre. The lead single, "Changing," exemplifies their message well with an offbeat, syncopated rhythm—a definite sign of their experimentalist efforts to change up their genre.

In Search of Solid Ground also surprisingly features more ballad than expected. However, this has led to a bushel of bad apples. Songs like "It's All Over Now" are undeniably corny, and "What Were We Made For?" is a definite pop song that sticks out like a sore thumb. In addition, Saosin stuck all three songs from their previous EP back onto this album with only minor modifications and title changes.

On the bright side, there is a noticeable gleam in the album's production, and having the other band members back up Cove, the lead singer, in the songs is a major improvement in variety. For example, "On My Own" particularly shines as the best compromise of their newfound experimentation and the strengths of their debut: it is dark, heavy, but intriguing at the same time. Like multiple songs on the album, though, it suffers from having an unfitting

outro attached to the end of the song, a definite nuance.

The album closer, "Fireflies (Light Messengers)" is an eight-minute moody powerballad filled with atmospheric effects that drag on for too long. "Nothing is What It Seems (Without You)," the prior track, would have done much better as a closer. It is one of the strongest ballads on the album, but more due to the production. "Fireflies (Light Messengers)" feels more like an extended outro in itself, rather than a complete song. At the end, it still feels like Saosin is not sure what they are supposed to be, but one thing is for sure: they are not as energetic as they were on their self-titled debut. Some songs reek of a lack of effort. Notable tracks are, overall, few in number. Blame the sophomore slump and wait for their next, and hopefully, more solidified effort.

Movie Review: Sunshine Cleaning

Courtney Wood
Pacifican Staff Writer

Sunshine Cleaning is a surprisingly compelling film that sparkles with sincere performances and understated comedy.

Rose (played by academy award-nominated actress Amy Adams) and Norah Lorkowski (Emily Blunt) are sisters who are down on their luck. Rose, a former high school cheerleader and homecoming queen, faces turning thirty with the acute realization that her life is quickly going nowhere. She holds a dead-end job as a cleaning service maid, sleeps with her former high school boyfriend who is married to someone else, and plays single parent to her mischievous son Oscar.

Norah, the younger of the two sisters, is a bit of an oddball who dabbles in the drug scene, still lives at home with her father (Alan Arkin), and lacks a general sense of direction. She and Rose share a dynamic relationship which is bound tightly by a shared traumatic experience that occurred during their childhood.

When Rose hears from her lover, who happens to be a cop, that there is big money in crime scene clean-up, she decides to start up her own crime scene cleaning business. Rose sees the business as an opportunity to turn her life around and to finally assert her sense of self-worth. Eager to get started, Rose recruits her freshly unemployed sister to help her with the messy jobs.

Although Rose has experience with house cleaning, scrubbing blood puddles and other unpleasant stains requires a bit of adaptation. On one of their first jobs, the sisters throw all of the waste in a dumpster, oblivious to the

fact that there are regulations on how to discard such material. Winston (played by Clifton Collins Jr.), a good-hearted one-armed man who owns a cleaning supply store, shows the sisters kindness by giving them tips on how to deal with bio-hazardous waste and helps them learn the steps they must take to make the business legitimate. Soon the sisters are sporting hazmat suits and successfully raking in various business opportunities.

Despite its dark premise, Sunshine Cleaning serves up a refreshing plate of subtle comedy and poignant moments. The piece is understated rather than in-your-face and its muted style generates a welcoming feeling characterized by independent films.

The film's charm arises largely from its characters. Since the members of the Lorkowski family live in a financial situation familiar to any working class family, they are easily relatable. The characters have quirks and are less than perfect, but these qualities make them all the more real.

The realism of the characters is created mostly through the on-screen interactions between Blunt and Adams. The two actresses seem so naturally and easily molded to their respective roles that nothing about their performances feels contrived or artificial.

A few downsides to the film are that it tends to drag at certain points and some of the subplots seem a little rudimentary. However, in light of the film's other interesting qualities, these flaws are not particularly distracting.

Overall, Sunshine Cleaning is an original film that explores the strength of family bonds in the face of hardship and pain.

Friday, September 25
Blood Drive hosted by Delta Gamma
Grace Tiger Lounge
9:00 a.m. - 2:00 p.m.

Saturday, September 26
'Rep your City' Dance hosted by Sigma Chi
Skybox (above the football field)
9:00 p.m. - 1:00 a.m.

SPORTS

Har-Sean's Sports Update

Harshan Samra
Pacifican Staff Writer

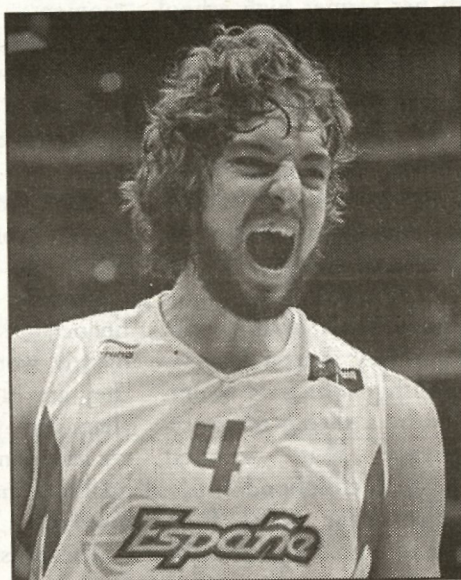
NFL

Seattle linebacker Lofa Tatupu, Ravens center Matt Birk, and Cardinals wide receiver Sean Morey will donate their brains (post-mortem, I hope) to the Boston University School of Medicine. Hopefully one of the brains will be forwarded to Kanye.

Plaxico, who? With Mario Manningham and Steve Smith sitting at 200+ yards receiving each, the Giants haven't looked back once since cutting the former all-pro selection due to indictment charges arising from a particular gun incident involving Burrell shooting himself in the leg.

Fantasy Stud:
Johnny Knox WR
CHI

With his first ever catch a 68 yard bomb, the rookie 5th round draft pick from Abilene Christian (where?) followed up with a 6 reception, 70 yard, 1 TD performance last week against a dominant Steelers defense. Knox may very well end up being the Brandon Marshall of the Bears offense. With Seattle cornerbacks Ken Lucas and Josh Wilson posing little threat, Knox should have a tremendous game. Knox may possibly still be a free agent in your league, so claim him, then start him!



deporteaccion.com

Fantasy Dud: Jamal Lewis RB CLE

Facing the #1 Baltimore run defense and two dismal running games behind him, Lewis shouldn't do much. At least he gets to say "Hi" to his former teammates. With the Browns season quickly going down the toilet I would even consider cutting Lewis to make room for more promising sleepers.

College FB

With USC's fall, Alabama emerges as the best prospect to break the Gators-Longhorns gridlock. Led by a strong running corps, the Crimson Tide pounded North Texas 53-7 last Saturday in their highest-scoring output since 2001.

Game of the week: California V. Oregon

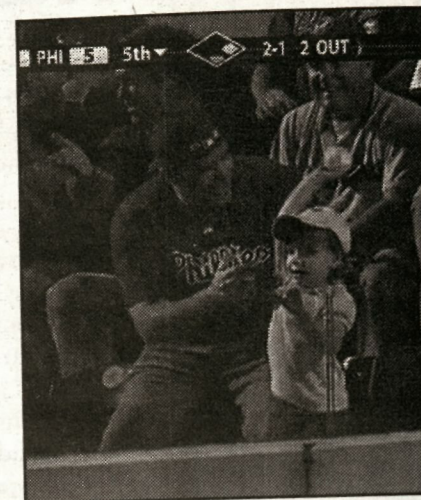
With running back Jahvid Best leading the way with 5 TDs against Minnesota, it turns out Cal only needed a different conference and time zone to cure its recent road woes. Against the fellow Pac 10 Ducks, it may be a different story. Look for a close game with explosive play from both sides.

NBA

With both an NBA championship title and now a Eurobasket gold-medal, Laker Pau Gasol is on top of the world. After harsh criticism for his role in the Lakers' defeat in the 2008 Finals, Gasol's terrific play in the 2009 finals established himself as arguably one of the top players in 2009. Playing for team España this month, Gasol won tournament MVP averaging 18.7 points, 8.3 rebounds and 66 percent from the field. Hall of fame contention would not be out of the question if he continues his dominance.

MLB

With the Giants 4.5 games back in the wildcard race



stuff.co.uk

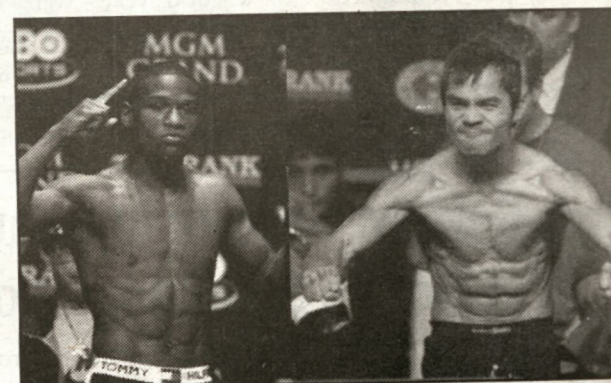
as of last Sunday, SF fans must be really feeling the heat right now.

At last week's Phillies Vs. Nationals game, a fan leaned over his upper deck seat and made a picture-perfect catch. After a couple of fist bumps with fellows fans, he

gives the ball to his toddler who does what any smart kid does with a ball, she throws it back. Whoops. The best part? Dad responds with hugging by baby.

Boxing

Mayweather Vs. Pacquaio, make it happen! With his fight last Saturday worth the 21 month wait, Mayweather (40-0, 25 KOs) looks as dominant as ever. After pounding Marquez with more jabs in each of the 12 rounds than Marquez (50-5-1, 37 KOs) did in total punches, Marquez's trainer had one message, "Finish with Dignity." After a fight with Mayweather though, I doubt any dignity is left. With both undoubtedly the



best of the best, a Mayweather V. Pacquaio bout would be the fight of the century.

Tiger X Schedule for Week of Sept 24 - Sept 30

9/24	9/25	9/28	9/29	9/30
Cycle Fit 7:00 - 7:45 a.m. Rubber Rm	Pilates 7:00 - 7:45 a.m.	Cardio Dance 4:00 - 5:00 p.m. Wood Rm	Cycle Fit 7:00 - 7:45 a.m. Rubber Room	Gentle Yoga 12:15 - 1:00 p.m. Wood Rm
Lunch Time Yoga 12:00 - 1:00 p.m. Wood Rm	Boot Camp 1:30 - 2:30 p.m.	Yoga 5:30 - 6:45 p.m. Wood Room	Lunch Time Yoga 12:00 - 1:00 p.m. Wood Room	*Bachata* 7:00 p.m. Wood Rm
Cardio Dance 5:00 - 6:00 p.m. Wood Rm	Hip Hop 3:00 - 3:50 p.m.	Self Defense Class 7:00 - 8:00 p.m. Wood Room	Yoga 5:30 - 7:00 p.m. Wood Room	Zumba 4:30 - 5:30 p.m. Wood Rm
Capoeira 7:00 - 8:00 p.m. Rubber Rm	Pilates 4:45 - 5:45 p.m.	Cycle Fit 7:00 - 8:00 p.m. Rubber Room		Yoga 5:30 - 6:45 p.m. Wood Room
		Cardio Kick 8:00 - 9:00 p.m. Wood Room		Cycle 7:00 - 8:00 p.m. Rubber Room

From Pacific to the Pros

Rachel Freeman
Pacifican Sports Editor

Recent Pacific graduate Joey Centanni has made his presence known in professional baseball. Immediately following graduation in May, Centanni signed with the Baltimore Orioles and packed his bags to report to the Gulf Coast Orioles. Centanni didn't think his name would be brought up in the draft, but following the draft, he found out a scout was interested in him.

"The area scout called me and said 'Hey, we were thinking of picking you up [in the draft] but we figured because you are a senior in college we could just sign you after the draft as a free agent,'" Centanni explained.

Playing professional baseball wasn't exactly what Centanni was expecting. The competition was varied

and "most of the high schoolers didn't have the maturity that I saw at the collegiate level," Centanni added. "I think Big West baseball was better than I was playing against this summer."

In terms of his production on the mound, "I did alright," Centanni said. "Throughout college I was a pitcher who just located my pitches and got a lot of groundballs. In my 12 innings [for the Gulf Coast Orioles], I had 19 strikeouts and 3 walks."

Every game day Centanni and his new teammates had the same routine. The team



pacifictigers.com

at breakfast at 8am, headed to the ballpark, ate lunch at 10:30 a.m., played a game at noon, had dinner at 3:30 p.m. and was back at the hotel for the night. With all of the spare time, he and his teammates created "Hotel Golf," as Centanni called it. "We would put the ball at one end of the hall and we'd put the cup down the hall or in someone's room and we'd put a little money on it. That was fun."

While Centanni said playing professional baseball was a great experience, there was one thing that he said bothered him. "My teammates wanted the season to be over. They would prefer to go home September 1 instead of September 5 and not win a championship," he noted. "It's a different competitive nature. In the Big West,

"I think Big West baseball was better than I was playing against this summer."

we had guys who really wanted to win, who'd do everything they could to win." The minor leagues are "really weird. Cutthroat. Every guy is trying to move up the ranks so they are looking out for themselves."

Now that the season is over, Centanni is resting his arm until January 1. He will report to Minor League training camp in March where he will have the potential to make a Major League team's 40-man roster. For now, he is hoping to make the short season A team and work his way through the system. Centanni is enjoying this opportunity and says, "It's been a goal of mine since I was one. I enjoyed the summer."

Athletic Training Tip of the Week

What is an Athletic Trainer?

A certified athletic trainer is a highly educated and skilled professional specializing in health care for the physically active. Athletic Trainers serve to link the medical community and individuals from all types of physical activity.

Where can an Athletic Trainer be found?

Over 40% of certified athletic trainers may be found in hospitals, clinics, industrial and occupational settings under physicians. In addition, certified athletic trainers are increasingly expanding to employment in the performing arts, military or law enforcement, secondary schools and as physician extenders. Thus, such a career is not limited to just college and university or professional athletics.

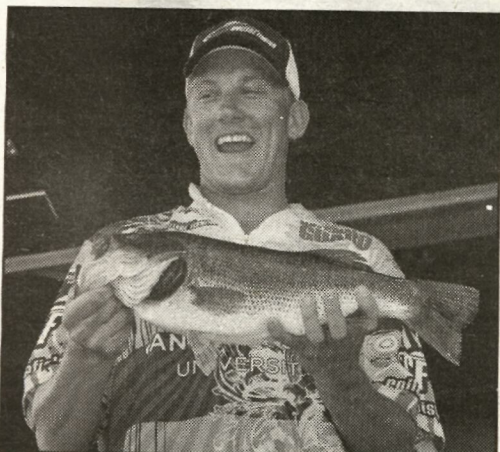
Why choose to be an Athletic Trainer?

"I chose to become an athletic trainer when I first took a sports medicine class in high school. I was lucky enough to have an athletic training program at my high school and I fell in love with it the minute I started. Athletic training encompasses so many things I wanted in a career: sports, injuries, and good, personal relationships with those I work with and the athletes I work on. I get to keep people healthy, I'm able to prevent injuries, and I have the knowledge to rehabilitate an injury should it unfortunately happen. Personally, I plan to become a teacher at a high school while also being their athletic trainer. This way, I can teach children and hopefully have the same influence in their lives that my teachers have had in mine." Robin Middleton '11

So what are you waiting for? Interested in finding out more?

Contact Antonia, the President of the Pacific Student Athletic Training Club at a_stavrianoudakis@pacific.edu.

Pacific Hosts First Annual Regional Fishing Championship



David A. Brown

Alex Ruano
Co Editor-in-Chief

From Friday, September 18 to Monday, September 21, the Delta was site of the first annual National Guard FLW College Fishing Western Regional Championship. The three day event brought teams from twenty different schools from across the western United States to compete for a chance to advance to the National Championships next spring.

While most of the action was

taking place on the Delta, the Championship also had events taking place right on Pacific's campus. Throughout the three days there was a national anthem competition, geocaching, obstacle course and various booths representing school and local organizations. Daily weigh-ins for the fishing teams also took place back at Pacific.

On Monday, when the final weigh-in took place, San Jose State's team of Glen Wyatt and Eric Andersen won first place with a total catch of seventeen fish weighing out at 37 lbs., 10 oz. On top of advancing to the National Championship, they also won \$25,000 for their university and a 177TR Ranger boat wrapped in their school colors and powered by their choice of an Evinrude or Yamaha outboard engine.

Second place went to Sacramento State with a total of sixteen fish with a weight of 34 lbs., 7 oz. Third went to Fresno State with a total of seventeen fish with a weight of 32 lbs., 6 oz.

The National Guard FLW College Fishing Western Regional Championship is only one of five Regional Championships that will feed into the National Championship, but it is also the very first Regional Championship ever held. Tournament Director Kevin Hunt said, "[Pacific] made history by being the very first university to host the championship." He feels the event went "extremely well" and that it was a "great tournament."

Next year, the National Guard FLW College Fishing Western Regional Championship will be held at Sacramento State with the fishing taking place on Folsom Lake.





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SATURDAY & SUNDAY	NOON TILL 5:00 \$5.00 PITCHERS OF AMERICAN PALE ALE

